

of
Borough Appleby.



HEALTH COMMITTEE.

Annual Report

OF THE
MEDICAL OFFICER OF HEALTH,
FOR 1919.

APPLEBY:
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—
1920.

*To the Mayor, Aldermen, and Councillors of the
Borough of Appleby.*

Gentlemen,—

I have the honour to submit to you my Annual Report for the year 1919, compiled in accordance with your instructions and those of the Ministry of Health.

I resumed my duties on February 1st, 1919, after four and a half years of Military Service, during which time the County Medical Officer of Health supervised the work. I am very grateful to him, as this entailed a large increase of responsibility and expenditure of time ; his generosity was never failing.

My thanks are due to you for the necessary permission to be absent, and I believe that the wide experience thus obtained will result in increased efficiency.

I am, Gentlemen,

Your obedient Servant,

W. BARON COCKILL,

Medical Officer of Health.

March 26th, 1920.

Borough of Appleby.

Annual Report of the Medical Officer of Health, for the Year ending December 31st, 1919.

Area (land and inland water)	1885 acres.
Population (census 1911)	1736.
Population (Registrar General's estimate)	1656 for Birth Rate. 159 for Death Rate.
Population (local estimate)	1700.
Inhabited houses	451.
Average population per house	3.74.

Appleby is an ancient little Borough pleasantly situated on the Banks of the River Eden, about 400 feet above the sea level. It is built on red clay and surrounded by hills, except on the North West, formed of carboniferous Limestone, which on the East runs back into the Pennine chain. It is well wooded all around, and thus well sheltered, both by the natural configuration of land and the growth of trees. The rainfall is not as great as in many parts of Westmorland being on an average 30 to 35 inches a year.

It is a market town serving the agricultural area around; it has no industries of its own.

VITAL STATISTICS.

The net births amounted to 16 made up as follows:—

Legitimate.	(Males 9)	
„	(Females 7)	
	—	16
Illegitimate.	(Males 0)	
„	(Females 0)	
	—	0

Annual Rate of Births per 1000 of Population	...	9.66
Annual Rate of Births for England and Wales	...	18.5
The net Deaths amounted to	...	26
Annual Rate of Deaths per 1000 of Population	...	16.41
Annual Rate of Deaths for England and Wales	...	13.8
Excess of Deaths over Births	...	10
Deaths of Infants under 1 year of age	...	1
Deaths of Illegitimate Infants under 1 year of age	...	0
Infant Mortality per 1000 Births	...	62
Infant Mortality for England and Wales	...	89

The causes of death are shown in the accompanying table :—

Influenza	5
Cancer	2
Organic Heart Disease		7
Bronchitis	1
Pneumonia (all forms)		1
Appendicitis	1
Violence, apart from suicide		1
Other defined diseases		8
					<hr/>
					Total 26
					<hr/>

INFANT DEATHS.

The cause of Death was :—

Influenza, 1 died at 6 weeks.

There was 1 Still-birth notified.

No notification of birth was received in 2 cases.

The amount of Poor Law Relief is indicated by the following facts :—

Average daily population in Institutions (East Ward Union) 23

Annual population receiving Out-door Relief (Appleby) 8

There is no local hospital, patients availing themselves of accommodation at Penrith and Carlisle.

SANITARY CONDITION OF DISTRICT.

Water.—A public supply derived from Bank Wood, 4 miles distant is of good quality and sufficient quantity, not liable to contamination and having no plumbe-solvent action. A constant piped supply.

Rivers and Streams.—There is no serious pollution present; the care of these is under the County Council.

Drainage and Sewerage.—The surface water is removed by separate drains; the sewage is dealt with by settling tanks and land filtration. The system is sufficient for the needs of the District.

Closet Accommodation.—This is as follows :—

Water Closets about 400.

Privies 58.

There was one conversion in 1919.

6 new drains were laid.

Scavenging.—This is undertaken by the Borough by cartage and is efficient; refuse is deposited on land. Disinfection of receptacles is carried out after emptying.

There are 256 ashbins which are cleared weekly and 56 ashpits emptied at suitable intervals. There were 6 conversions in 1919.

Inspections.—All houses are inspected quarterly. The chief defects found have been in connection with drains and gulleys, and have been remedied without the issue of Statutory or Informal Notices.

PREMISES AND OCCUPATIONS CONTROLLED BY BYE-LAWS AND REGULATIONS.

Slaughter House 1.

No action has been needed.

There are no underground sleeping rooms.

Rag Flock Act, 1911.—No Rag Flock is in use in the District.

Schools.—The sanitary conditions and water supplies are good. There have been two closures for Measles.

Active co-operation exists between the School Medical Officer and the Medical Officer of Health.

FOOD.

Milk Supply.—This is sufficient in quantity and good in quality, and the arrangements for distribution are satisfactory.

Inspection of Dairies, Cowsheds and Milkshops is regularly carried out; no action has been taken with regard to Tuberculous milk.

Milk and Cream Regulations, 1912 and 1917, are under the control of the Police, as also the Sale of Food and Drugs Act.

One sample of milk was found to be deficient in milk fat to the extent of 0.44% but an appeal to the cow showed a similar deficiency.

Milk (Mothers' and Children's) Order, 1918.—Is administered by the County Medical Officer of Health.

Other Foods.—The sanitary condition of premises where food is prepared, stored, or exposed for sale has been good, and no action was required respecting them.

One carcase of beef was condemned for Tuberculosis.

Inspection of carcasses at time of slaughtering is made from time to time; there is always free access and any question of diseased meat is immediately communicated to the Inspector by the butchers themselves.

No action under Sec. 117 Public Health Act, 1875, was necessary.

PREVALENCE OF, AND CONTROL OVER INFECTIOUS DISEASE.

There was an epidemic of Measles in October and November; the disease was of a mild type and no deaths resulted therefrom.

There were 7 cases of Diphtheria, but no deaths from this cause occurred.

Diphtheria Anti-toxin is in general use, and local supplies can always be obtained from the Borough Police Station, Kendal.

There were no "Return Cases" of Infectious Disease.

No cases of Encephalitis Lethargica occurred.

Influenza was prevalent in April and May, but the type was not as severe as that of the previous Autumn. The Mortality was 5.

The Diseases notifiable under the Regulations of 7th January, 1919, have not been very numerous.

Tuberculosis.—There were 3 cases of Pulmonary Tuberculosis notified and 2 of Other Forms. There were no deaths reported from this cause.

Notification by Medical men has been efficient.

School intimations of Infectious Disease have been largely utilized, as also have bacteriological aids in suitable cases.

The Tuberculosis work and that of Venereal Diseases is in the hands of the County Medical Officer of Health.

No Primary vaccinations or re-vaccinations have been performed by the Medical Officer of Health under the Public Health (Small-pox Prevention) Regulations, 1917.

There have been no cases of locally contracted Anthrax or Rabies.

TABLE OF NOTIFIED INFECTIOUS DISEASE.

	Cases.	Removed to Hospital.
Measels ...	87	—
Scarlet Fever ...	2	1
Diphtheria ...	7	7
Tuberculosis (Pulmonary)...	3	2
Tuberculosis (Other Forms)	2	—
Ophthalmia Neonatorium	2	—
Pneumonial (Influenzial) ...	5	—
Pneumonia (Primary) ...	1	—
Total	109	10

The two cases of Ophthalmia Neonatorium notified were affected in both eyes; one recovered without any permanent injury and the other has opacity of both corneae but the condition is improving.

The Maternity and Child Welfare of the District is in the hands of the County Medical Officer of Health.

SANITARY ADMINISTRATION.

1. *Staff*.—This consists of 1 Inspector who is also engaged in Housing Work; he is also the Borough Surveyor.

2. *Hospital Accommodation*, for ordinary Infectious Disease consists of 4 Wards providing 20 beds for Scarlet Fever cases, and 16 for Diphtheria. It is situated at Ormside, 2 miles from Appleby, and serves the whole of the Northern part of the County. It is under the control of the Ormside Joint Hospital Board. It is sufficient for the purpose and the administration is good.

There is no hospital accommodation for Small-pox.

3. *Local Acts, etc.*—The following are in operation :—
Sanitary Clauses of Public Health Act Amendment Act, 1890.
Sanitary Clauses of Public Health Act Amendment Act, 1907.
Bye-Laws are in force for :—

- Private scavenging.
- Prevention of Nuisance.
- New Streets and Buildings.
- Markets.

The administration of these is effectively carried out.

4. *Laboratories*. The Combined Districts of Westmorland have established local laboratories at Kendal, for chemical and bacteriological examinations, and these have been in operation since August.

Prior to that date, examinations were made by the Public Health Laboratories, Manchester.

The laboratories are under the supervision of the Medical Officer of Health. They are proving of great service and are being utilised more and more.

Examinations for Appleby made during the latter five months of the year numbered 7.

Most of the examinations are for Diphtheria and Water, and a few for Tubercle Bacilli. The examination for this latter is generally done at the Westmorland Consumption Sanatorium, but where an immediate result is desired, it is done locally.

GENERAL HOUSING CONDITIONS.

Number of Houses	45 ¹
Working Class Houses	...	345
New Houses for Working Classes erected or in course of erection		Nil

Population (estimated) about 1700.

There were no important changes during the year, nor any anticipated in the near future.

Extent of shortage of houses 12.

A scheme for the erection of these 12 houses has been formulated and sanctioned.

OVERCROWDING.

There is a certain amount of overcrowding, but not to a serious extent; it is due to the size of families. Two Informal Notices have been served. No measures can be undertaken to overcome this till more houses are built.

FITNESS.

The condition of the bulk of the houses is from good to fair.

The defects are chiefly dampness and delapidations.

No action has been taken.

The chief difficulties have arisen on account of the high prices for repairs and the scarcity of manual labour.

There are no difficulties in connection with water supplies, closet accommodation, and refuse disposal.

UNHEALTHY AREAS.

There are no extensive areas that can be included under this heading, and no action has been taken nor any complaints made during the year.

BYE-LAWS.

The existing Bye-Laws work well, and there is no need for any new ones, but some revision of existing ones is required and is receiving attention.

APPENDICES.

- I. Number of dwelling houses in respect of which complaints were made by householder that they were unfit for human habitation ... Nil.

- II. Number of dwelling houses inspected under Sec. 17
Housing Act, 1909 Nil Records already made.
Number of dwelling houses condemned as unfit for
human habitation ... Nil.
Number of dwelling houses in which defects were
remedied without the making of a closing order ... Nil.
- III. Action under Sec. 28 Housing Act ... Nil.
- IV. Number of representations made to Authority for the
making of closing orders ... Nil.
Number of closing orders made ... Nil.
Number of closing orders determined on houses being
made fit ... Nil.
- V. Number of demolition orders made ... Nil.
Number of houses demolished in pursuance of
demolition orders ... Nil.
- VI. Number of houses demolished voluntarily ... Nil.
- VII. Number of representations made regarding obstructive
buildings ... Nil.
Number of buildings demolished ... Nil.
Number of representations under consideration ... Nil.
- VIII. *Staff.*—The Housing Inspector is also the Sanitary
Inspector and Borough Surveyor.

